

Arena Grand Prix
Łódź, 11. - 12.4.2026

Konkurencja 21
11.04.2026 - 17:24

Kobiet, 400m dowolny

13 lat i starsi
Wyniki

Top Times "Poland" Open	4:04.23	JEDRZEJCZAK, Otylia	00114	Melbourne (AUS)	25.03.2007
Top Times "Poland" 19 +	4:04.23	JEDRZEJCZAK, Otylia	00114	Melbourne (AUS)	25.03.2007
Top Times "Poland" 18	4:14.63	TARASIEWICZ, Klaudia	00116	Oswiecim	21.07.2022
Top Times "Poland" 17	4:15.07	KILIJA SKA, Donata	00612	Olsztyn	14.05.2012
Top Times "Poland" 16	4:12.62	ZUKOWSKA, Paula	00107	Doha (QAT)	09.12.2009
Top Times "Poland" 15	4:16.14	KNOP, Aleksandra	01605	Lodz	26.05.2018
Top Times "Poland" 14	4:16.54	KILIJA SKA, Donata	00612	Tampere (FIN)	20.07.2009
Top Times "Poland" 13	4:25.14	KNOP, Aleksandra	01605	Warsaw	02.12.2016

Punkty: AQUA 2025

Pozycja			Rok ur.			Czas	Pkt.	
13 lat i starsi								
1.	POLAK, Iga		09	UKP Unia O wi cim		4:27.77	679	
	50m:	31.20 31.20	150m:	1:39.05 34.16	250m:	2:46.91 34.02	350m:	3:54.54 33.80
	100m:	1:04.89 33.69	200m:	2:12.89 33.84	300m:	3:20.74 33.83	400m:	4:27.77 33.23
2.	NOWAK, Maja		03	KU AZS Uniwersytetu Warszawski		4:30.79	656	
	50m:	31.50 31.50	150m:	1:39.66 34.39	250m:	2:48.70 34.30	350m:	3:57.48 34.14
	100m:	1:05.27 33.77	200m:	2:14.40 34.74	300m:	3:23.34 34.64	400m:	4:30.79 33.31
3.	SOBÓTKA, Oliwia		10	UKP „Polonia Warszawa”		4:34.99	627	
	50m:	32.20 32.20	150m:	1:42.07 34.89	250m:	2:52.20 34.52	350m:	4:01.22 34.45
	100m:	1:07.18 34.98	200m:	2:17.68 35.61	300m:	3:26.77 34.57	400m:	4:34.99 33.77
4.	KARKOCHA, Gabriela		09	UKP Unia O wi cim		4:37.43	610	
	50m:	31.52 31.52	150m:	1:40.57 34.81	250m:	2:50.59 35.03	350m:	4:02.23 36.03
	100m:	1:05.76 34.24	200m:	2:15.56 34.99	300m:	3:26.20 35.61	400m:	4:37.43 35.20
5.	MILANCEJ, Elbieta		09	UKP „Polonia Warszawa”		4:38.96	600	
	50m:	31.64 31.64	150m:	1:41.79 35.52	250m:	2:52.80 35.72	350m:	4:03.68 35.50
	100m:	1:06.27 34.63	200m:	2:17.08 35.29	300m:	3:28.18 35.38	400m:	4:38.96 35.28
6.	PALICKA, Patrycja		11	TP Skalar, Słupsk		4:43.99	569	
	50m:	32.03 32.03	150m:	1:42.93 35.56	250m:	2:55.06 36.08	350m:	4:08.29 36.76
	100m:	1:07.37 35.34	200m:	2:18.98 36.05	300m:	3:31.53 36.47	400m:	4:43.99 35.70
7.	DOBROVOLSKA, Renata		12	Ukraine		4:44.62	565	
	50m:	32.17 32.17	150m:	1:44.49 36.63	250m:	2:57.91 37.10	350m:	4:10.34 35.79
	100m:	1:07.86 35.69	200m:	2:20.81 36.32	300m:	3:34.55 36.64	400m:	4:44.62 34.28
8.	WALCZYK, Hanna		10	ORKA Grudzi dz		4:44.79	564	
	50m:	32.06 32.06	150m:	1:43.42 36.15	250m:	2:56.33 36.64	350m:	4:09.29 36.15
	100m:	1:07.27 35.21	200m:	2:19.69 36.27	300m:	3:33.14 36.81	400m:	4:44.79 35.50
9.	MOSIAKINA, Sofia		08	UKP Unia O wi cim		4:45.31	561	
	50m:	33.39 33.39	150m:	1:45.07 36.14	250m:	2:58.17 36.59	350m:	4:10.45 36.14
	100m:	1:08.93 35.54	200m:	2:21.58 36.51	300m:	3:34.31 36.14	400m:	4:45.31 34.86
10.	ŁUCZAK, Anika		09	UKS SP-149 Łódź		4:45.76	558	
	50m:	32.42 32.42	150m:	1:44.16 35.85	250m:	2:56.99 36.25	350m:	4:10.06 36.56
	100m:	1:08.31 35.89	200m:	2:20.74 36.58	300m:	3:33.50 36.51	400m:	4:45.76 35.70
11.	ORNOWSKA, Zuzanna		08	UKP „Polonia Warszawa”		4:45.95	557	
	50m:	31.46 31.46	150m:	1:43.08 36.17	250m:	2:56.51 36.85	350m:	4:10.18 37.01
	100m:	1:06.91 35.45	200m:	2:19.66 36.58	300m:	3:33.17 36.66	400m:	4:45.95 35.77
12.	CZECHMA SKA, Antonina		10	UKP „Polonia Warszawa”		4:46.52	554	
	50m:	32.76 32.76	150m:	1:44.86 36.47	250m:	2:58.13 36.59	350m:	4:11.43 36.53
	100m:	1:08.39 35.63	200m:	2:21.54 36.68	300m:	3:34.90 36.77	400m:	4:46.52 35.09
13.	SZPAKIEWICZ, Bianka		10	UKP „Polonia Warszawa”		4:46.69	553	
	50m:	32.54 32.54	150m:	1:44.92 35.82	250m:	2:57.88 36.33	350m:	4:11.01 35.86
	100m:	1:09.10 36.56	200m:	2:21.55 36.63	300m:	3:35.15 37.27	400m:	4:46.69 35.68
14.	TRAFALSKA, Zuzanna		07	UKS 190 Łódź		4:47.04	551	
	50m:	33.27 33.27	150m:	1:44.55 35.72	250m:	2:57.53 36.35	350m:	4:10.93 36.65
	100m:	1:08.83 35.56	200m:	2:21.18 36.63	300m:	3:34.28 36.75	400m:	4:47.04 36.11

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Konkurencja 21, Kobiet, 400m dowolny, 13 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
15.	KOPP, Zuzanna		10	UKP „Polonia Warszawa”				4:48.99	540
	50m: 32.39	32.39	150m: 1:46.03	37.35	250m: 3:00.61	36.98	350m: 4:13.79	36.80	
	100m: 1:08.68	36.29	200m: 2:23.63	37.60	300m: 3:36.99	36.38	400m: 4:48.99	35.20	
16.	MATOWICKA, Maja		10	UKP „Polonia Warszawa”				4:49.59	536
	50m: 32.39	32.39	150m: 1:45.16	37.06	250m: 3:00.19	37.71	350m: 4:15.11	37.64	
	100m: 1:08.10	35.71	200m: 2:22.48	37.32	300m: 3:37.47	37.28	400m: 4:49.59	34.48	
17.	KRYVARCHUK, Yelyzaveta		12	Ukraine				4:51.01	529
	50m: 32.43	32.43	150m: 1:46.29	37.40	250m: 3:01.64	37.58	350m: 4:15.42	35.95	
	100m: 1:08.89	36.46	200m: 2:24.06	37.77	300m: 3:39.47	37.83	400m: 4:51.01	35.59	
18.	KUNA, Alina		10	Stowarzyszenie Solne Miasto Wieliczka				4:51.15	528
	50m: 33.28	33.28	150m: 1:46.90	37.34	250m: 3:02.22	37.34	350m: 4:16.64	36.69	
	100m: 1:09.56	36.28	200m: 2:24.88	37.98	300m: 3:39.95	37.73	400m: 4:51.15	34.51	
19.	SZTREKER-WÓJCIK, Iga		09	UKS G-8 Bielany Warszawa				4:51.18	528
	50m: 33.36	33.36	150m: 1:47.31	37.53	250m: 3:02.35	37.53	350m: 4:16.72	37.11	
	100m: 1:09.78	36.42	200m: 2:24.82	37.51	300m: 3:39.61	37.26	400m: 4:51.18	34.46	
20.	IWA SKA, Wiktoria		11	MKS „Jagiellonka” Warszawa				4:53.39	516
	50m: 31.24	31.24	150m: 1:43.62	36.90	250m: 3:00.19	38.93	350m: 4:16.75	38.02	
	100m: 1:06.72	35.48	200m: 2:21.26	37.64	300m: 3:38.73	38.54	400m: 4:53.39	36.64	
21.	FRO , Kinga		11	UKS Victoria Kozy				4:54.69	509
	50m: 32.85	32.85	150m: 1:47.56	37.96	250m: 3:03.09	38.01	350m: 4:18.64	36.79	
	100m: 1:09.60	36.75	200m: 2:25.08	37.52	300m: 3:41.85	38.76	400m: 4:54.69	36.05	
22.	MYSŁEK, Anna		13	UKS G-8 Bielany Warszawa				4:55.05	507
	50m: 33.93	33.93	150m: 1:49.39	37.37	250m: 3:03.24	36.59	350m: 4:18.58	37.21	
	100m: 1:12.02	38.09	200m: 2:26.65	37.26	300m: 3:41.37	38.13	400m: 4:55.05	36.47	
23.	WIELGUS, Nela		10	Champion Tomaszów Maz.				4:55.45	505
	50m: 32.67	32.67	150m: 1:46.64	37.52	250m: 3:03.04	38.24	350m: 4:19.39	37.76	
	100m: 1:09.12	36.45	200m: 2:24.80	38.16	300m: 3:41.63	38.59	400m: 4:55.45	36.06	
24.	STANISZEWSKA, Maja		10	UKS G-8 Bielany Warszawa				4:55.86	503
	50m: 33.04	33.04	150m: 1:47.17	37.52	250m: 3:02.92	38.10	350m: 4:19.22	38.22	
	100m: 1:09.65	36.61	200m: 2:24.82	37.65	300m: 3:41.00	38.08	400m: 4:55.86	36.64	
25.	ROKICKA, Alicja		11	MKS „Jagiellonka” Warszawa				4:56.32	501
	50m: 32.94	32.94	150m: 1:48.56	38.33	250m: 3:04.77	38.34	350m: 4:19.99	37.03	
	100m: 1:10.23	37.29	200m: 2:26.43	37.87	300m: 3:42.96	38.19	400m: 4:56.32	36.33	
26.	MIKUŁA, Maria		12	Stowarzyszenie Solne Miasto Wieliczka				4:57.27	496
	50m: 32.80	32.80	150m: 1:48.81	38.29	250m: 3:06.49	38.55	350m: 4:22.08	37.58	
	100m: 1:10.52	37.72	200m: 2:27.94	39.13	300m: 3:44.50	38.01	400m: 4:57.27	35.19	
27.	KOWALCZYK, Helena		11	MKS Trójka Łódź				4:57.31	496
	50m: 32.71	32.71	150m: 1:48.63	38.59	250m: 3:05.40	38.11	350m: 4:20.62	37.09	
	100m: 1:10.04	37.33	200m: 2:27.29	38.66	300m: 3:43.53	38.13	400m: 4:57.31	36.69	
28.	LIPI SKA, Natalia		10	MTKP Delfin Toru				5:00.65	479
	50m: 33.18	33.18	150m: 1:47.60	37.89	250m: 3:04.91	38.96	350m: 4:22.53	38.77	
	100m: 1:09.71	36.53	200m: 2:25.95	38.35	300m: 3:43.76	38.85	400m: 5:00.65	38.12	
29.	SUKIENNIK, Anna		10	MKS Trójka Łódź				5:01.33	476
	50m: 34.60	34.60	150m: 1:50.62	38.19	250m: 3:07.94	38.23	350m: 4:24.06	37.73	
	100m: 1:12.43	37.83	200m: 2:29.71	39.09	300m: 3:46.33	38.39	400m: 5:01.33	37.27	
30.	TRAFALSKA, Antonina		08	UKS 190 Łódź				5:05.90	455
	50m: 34.50	34.50	150m: 1:50.93	38.79	250m: 3:09.16	39.44	350m: 4:27.62	39.56	
	100m: 1:12.14	37.64	200m: 2:29.72	38.79	300m: 3:48.06	38.90	400m: 5:05.90	38.28	
31.	LYTVYNOVA, Melania		11	UKS G-8 Bielany Warszawa				5:06.26	453
	50m: 34.52	34.52	150m: 1:53.49	40.49	250m: 3:13.15	39.62	350m: 4:30.28	37.47	
	100m: 1:13.00	38.48	200m: 2:33.53	40.04	300m: 3:52.81	39.66	400m: 5:06.26	35.98	
32.	DZIEWANOWSKA, Nikola		10	UKS Delfin Garwolin				5:06.32	453
	50m: 34.27	34.27	150m: 1:51.23	39.41	250m: 3:10.27	39.63	350m: 4:28.56	39.15	
	100m: 1:11.82	37.55	200m: 2:30.64	39.41	300m: 3:49.41	39.14	400m: 5:06.32	37.76	

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Pozycja			Rok ur.					Czas	Pkt.
33.	KRASKIEWICZ, Barbara		12	MKS „Jagiellonka” Warszawa				5:06.87	451
	50m: 34.37	34.37	150m: 1:51.47	39.12	250m: 3:09.90	39.17	350m: 4:28.70	39.59	
	100m: 1:12.35	37.98	200m: 2:30.73	39.26	300m: 3:49.11	39.21	400m: 5:06.87	38.17	
34.	KOSMATY, Julita		09	UKS Victoria Kozy				5:07.16	450
	50m: 33.37	33.37	150m: 1:49.58	39.16	250m: 3:10.08	41.04	350m: 4:30.42	40.12	
	100m: 1:10.42	37.05	200m: 2:29.04	39.46	300m: 3:50.30	40.22	400m: 5:07.16	36.74	
35.	WITTBRODT, Alicja		11	UKP „Polonia Warszawa”				5:08.07	446
	50m: 34.49	34.49	150m: 1:51.58	38.94	250m: 3:10.33	39.42	350m: 4:29.76	39.53	
	100m: 1:12.64	38.15	200m: 2:30.91	39.33	300m: 3:50.23	39.90	400m: 5:08.07	38.31	
36.	MIKOŁAJEK, Adrianna		11	AZS KU Politechniki Opolskiej				5:08.26	445
	50m: 33.48	33.48	150m: 1:50.99	39.65	250m: 3:11.29	40.34	350m: 4:31.88	40.33	
	100m: 1:11.34	37.86	200m: 2:30.95	39.96	300m: 3:51.55	40.26	400m: 5:08.26	36.38	
37.	WI CKOWSKA, Alicja		03	UKS Delfin Garwolin				5:09.65	439
	50m: 32.79	32.79	150m: 1:49.10	38.91	250m: 3:09.84	40.49	350m: 4:31.07	40.31	
	100m: 1:10.19	37.40	200m: 2:29.35	40.25	300m: 3:50.76	40.92	400m: 5:09.65	38.58	
38.	KLAUS, Helena		12	MKS Piaseczno				5:09.89	438
	50m: 34.57	34.57	150m: 1:51.68	39.15	250m: 3:11.27	39.65	350m: 4:31.41	39.89	
	100m: 1:12.53	37.96	200m: 2:31.62	39.94	300m: 3:51.52	40.25	400m: 5:09.89	38.48	
39.	GRZEGORCZYK, Amelia		12	MUKP Korona-Swim Kielce				5:11.90	429
	50m: 36.47	36.47	150m: 1:57.01	40.18	250m: 3:15.81	38.92	350m: 4:34.12	38.45	
	100m: 1:16.83	40.36	200m: 2:36.89	39.88	300m: 3:55.67	39.86	400m: 5:11.90	37.78	
40.	MUSZY SKA, Patrycja		10	MKS Trójka Łódź				5:12.92	425
	50m: 34.50	34.50	150m: 1:51.54	38.79	250m: 3:12.38	40.35	350m: 4:33.32	40.44	
	100m: 1:12.75	38.25	200m: 2:32.03	40.49	300m: 3:52.88	40.50	400m: 5:12.92	39.60	
41.	MYDŁOWSKA, Roxana		10	UKS Nawa Skierniewice				5:14.27	420
	50m: 35.37	35.37	150m: 1:54.61	40.15	250m: 3:15.70	40.59	350m: 4:36.85	39.72	
	100m: 1:14.46	39.09	200m: 2:35.11	40.50	300m: 3:57.13	41.43	400m: 5:14.27	37.42	
42.	SELL, Magdalena		11	MUKP Korona-Swim Kielce				5:15.34	415
	50m: 35.94	35.94	150m: 1:57.07	40.53	250m: 3:18.31	40.64	350m: 4:38.44	39.62	
	100m: 1:16.54	40.60	200m: 2:37.67	40.60	300m: 3:58.82	40.51	400m: 5:15.34	36.90	
43.	RONGIERS, Pola		11	MKS „Jagiellonka” Warszawa				5:15.53	415
	50m: 34.70	34.70	150m: 1:53.69	40.45	250m: 3:15.62	41.16	350m: 4:37.76	41.14	
	100m: 1:13.24	38.54	200m: 2:34.46	40.77	300m: 3:56.62	41.00	400m: 5:15.53	37.77	
44.	WOJCIECHOWSKA, Julia		13	UKS SP-149 Łódź				5:16.86	409
	50m: 36.91	36.91	150m: 1:58.05	41.00	250m: 3:20.95	41.45	350m: 4:40.70	38.72	
	100m: 1:17.05	40.14	200m: 2:39.50	41.45	300m: 4:01.98	41.03	400m: 5:16.86	36.16	
45.	CIESIELSKA, Amelia		12	MKS Jedyńka Łódź				5:18.34	404
	50m: 35.77	35.77	150m: 1:56.06	40.63	250m: 3:17.94	40.96	350m: 4:39.24	40.76	
	100m: 1:15.43	39.66	200m: 2:36.98	40.92	300m: 3:58.48	40.54	400m: 5:18.34	39.10	
46.	OLEARCZYK, Martyna		12	UKS Ósemka O wi cim				5:19.01	401
	50m: 34.68	34.68	150m: 1:56.28	41.13	250m: 3:18.23	40.18	350m: 4:40.10	40.09	
	100m: 1:15.15	40.47	200m: 2:38.05	41.77	300m: 4:00.01	41.78	400m: 5:19.01	38.91	
47.	SOŁTYSIAK, Pola		11	MKS Trójka Łódź				5:19.54	399
	50m: 35.79	35.79	150m: 1:56.21	40.77	250m: 3:18.45	41.34	350m: 4:40.15	40.51	
	100m: 1:15.44	39.65	200m: 2:37.11	40.90	300m: 3:59.64	41.19	400m: 5:19.54	39.39	
48.	SELL, Karolina		07	MUKP Korona-Swim Kielce				5:19.66	399
	50m: 36.77	36.77	150m: 1:59.08	41.58	250m: 3:22.66	40.93	350m: 4:43.35	39.12	
	100m: 1:17.50	40.73	200m: 2:41.73	42.65	300m: 4:04.23	41.57	400m: 5:19.66	36.31	
49.	WINOGA, Zuzanna		09	Champion Tomaszów Maz.				5:19.73	398
	50m: 35.56	35.56	150m: 1:57.49	41.25	250m: 3:20.38	41.50	350m: 4:42.31	40.48	
	100m: 1:16.24	40.68	200m: 2:38.88	41.39	300m: 4:01.83	41.45	400m: 5:19.73	37.42	
50.	BURCZY SKA, Gabriela		12	UKS G-8 Bielany Warszawa				5:21.09	393
	50m: 36.23	36.23	150m: 1:57.43	41.53	250m: 3:21.26	42.12	350m: 4:43.36	40.56	
	100m: 1:15.90	39.67	200m: 2:39.14	41.71	300m: 4:02.80	41.54	400m: 5:21.09	37.73	

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Konkurencja 21, Kobiet, 400m dowolny, 13 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
51.	KAMECZURA, Ró a	13	UKS SP AQUARIUS Lesko					5:22.03	390
	50m: 36.01 36.01	150m: 1:57.79	41.21	250m: 3:22.34	42.21	350m: 4:44.65	40.55		
	100m: 1:16.58 40.57	200m: 2:40.13	42.34	300m: 4:04.10	41.76	400m: 5:22.03	37.38		
52.	GŁOGOWSKA, Maja	10	UKS Pi tka Konstantynów Łódzki					5:22.50	388
	50m: 35.68 35.68	150m: 1:56.37	41.33	250m: 3:19.36	41.65	350m: 4:43.14	41.90		
	100m: 1:15.04 39.36	200m: 2:37.71	41.34	300m: 4:01.24	41.88	400m: 5:22.50	39.36		
53.	BIELOVODSKA, Milana	12	KS Warta Pozna					5:22.75	387
	50m: 35.51 35.51	150m: 1:58.01	41.76	250m: 3:22.32	41.96	350m: 4:45.08	40.33		
	100m: 1:16.25 40.74	200m: 2:40.36	42.35	300m: 4:04.75	42.43	400m: 5:22.75	37.67		
54.	MAJKA, Pola	13	ORKA Grudzi dz					5:24.05	383
	50m: 35.69 35.69	150m: 1:57.55	41.63	250m: 3:22.38	42.40	350m: 4:45.47	41.00		
	100m: 1:15.92 40.23	200m: 2:39.98	42.43	300m: 4:04.47	42.09	400m: 5:24.05	38.58		
55.	POKRYWKA, Zuzanny	12	Stowarzyszenie Solne Miasto Wieliczka					5:25.09	379
	50m: 35.05 35.05	150m: 1:57.41	41.07	250m: 3:20.84	41.97	350m: 4:44.97	41.65		
	100m: 1:16.34 41.29	200m: 2:38.87	41.46	300m: 4:03.32	42.48	400m: 5:25.09	40.12		
56.	SŁYCHAN, Maja	09	MTKP Delfin Toru					5:27.30	371
	50m: 36.75 36.75	150m: 1:58.73	41.18	250m: 3:22.36	42.06	350m: 4:46.82	42.42		
	100m: 1:17.55 40.80	200m: 2:40.30	41.57	300m: 4:04.40	42.04	400m: 5:27.30	40.48		
57.	MENET, Maria	12	UKS SP AQUARIUS Lesko					5:27.59	370
	50m: 37.67 37.67	150m: 2:02.90	42.84	250m: 3:27.51	42.14	350m: 4:50.13	40.65		
	100m: 1:20.06 42.39	200m: 2:45.37	42.47	300m: 4:09.48	41.97	400m: 5:27.59	37.46		
58.	MILBRANT, Jagoda	10	UKP Unia O wi cim					5:27.73	370
59.	KAMI SKA, Oliwia	11	MKS „Jagiellonka" Warszawa					5:29.81	363
	50m: 33.32 33.32	150m: 1:53.51	41.38	250m: 3:19.71	43.42	350m: 4:48.64	44.81		
	100m: 1:12.13 38.81	200m: 2:36.29	42.78	300m: 4:03.83	44.12	400m: 5:29.81	41.17		
60.	ERNESTOWICZ, Julia	12	MUKP Korona-Swim Kielce					5:30.08	362
	50m: 37.76 37.76	150m: 2:02.82	42.44	250m: 3:27.70	42.40	350m: 4:51.30	40.92		
	100m: 1:20.38 42.62	200m: 2:45.30	42.48	300m: 4:10.38	42.68	400m: 5:30.08	38.78		
61.	DZIEJA, Hanna	13	MKS Jedyńka Łód					5:30.21	362
	50m: 36.66 36.66	150m: 2:00.10	42.32	250m: 3:25.22	42.46	350m: 4:49.46	41.88		
	100m: 1:17.78 41.12	200m: 2:42.76	42.66	300m: 4:07.58	42.36	400m: 5:30.21	40.75		
62.	WALCZAK, Wiktoria	13	UKS 190 Łód					5:30.64	360
	50m: 37.04 37.04	150m: 2:02.09	43.06	250m: 3:28.31	42.93	350m: 4:53.65	42.21		
	100m: 1:19.03 41.99	200m: 2:45.38	43.29	300m: 4:11.44	43.13	400m: 5:30.64	36.99		
63.	FUTRYK, Natalia	11	UKS SP AQUARIUS Lesko					5:35.90	344
	50m: 37.19 37.19	150m: 2:03.70	44.28	250m: 3:31.57	44.14	350m: 4:55.96	41.03		
	100m: 1:19.42 42.23	200m: 2:47.43	43.73	300m: 4:14.93	43.36	400m: 5:35.90	39.94		
64.	NOWAK, Jagoda	13	UKS Pi tka Konstantynów Łódzki					5:40.95	329
	50m: 37.10 37.10	150m: 2:04.59	43.76	250m: 3:32.23	44.40	350m: 4:59.61	43.32		
	100m: 1:20.83 43.73	200m: 2:47.83	43.24	300m: 4:16.29	44.06	400m: 5:40.95	41.34		
65.	RECZKOWSKA, Kalina	12	MTKP Delfin Toru					5:41.33	327
	50m: 37.44 37.44	150m: 2:02.88	43.29	250m: 3:31.98	44.71	350m: 4:58.87	43.06		
	100m: 1:19.59 42.15	200m: 2:47.27	44.39	300m: 4:15.81	43.83	400m: 5:41.33	42.46		
66.	BOJANOWSKA, Hanna	13	UKS 190 Łód					5:43.48	321
	50m: 37.70 37.70	150m: 2:03.62	43.89	250m: 3:32.83	44.85	350m: 5:02.22	44.54		
	100m: 1:19.73 42.03	200m: 2:47.98	44.36	300m: 4:17.68	44.85	400m: 5:43.48	41.26		
67.	TYC, Zuzanna	12	MUKS Wodnik Łask					5:45.43	316
	50m: 36.92 36.92	150m: 2:03.63	44.23	250m: 3:35.14	45.93	350m: 5:04.41	45.23		
	100m: 1:19.40 42.48	200m: 2:49.21	45.58	300m: 4:19.18	44.04	400m: 5:45.43	41.02		
68.	DYBCIO, Zuzanna	13	UKS Delfin Garwolin					5:47.57	310
	50m: 36.10 36.10	150m: 2:02.91	44.38	250m: 3:33.97	45.55	350m: 5:04.62	44.54		
	100m: 1:18.53 42.43	200m: 2:48.42	45.51	300m: 4:20.08	46.11	400m: 5:47.57	42.95		

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Konkurencja 21, Kobiet, 400m dowolny, 13 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
69.	CISŁOWICZ, Maria		13	MTKP Delfin Toru				5:50.17	303
	50m:	39.09 39.09	150m:	2:08.24 45.34	250m:	3:37.71 44.83	350m:	5:07.46 44.87	
	100m:	1:22.90 43.81	200m:	2:52.88 44.64	300m:	4:22.59 44.88	400m:	5:50.17 42.71	
70.	CISZYK, Milena		12	UKS Piłka Konstantynów Łódzki				5:57.93	284
	50m:	39.29 39.29	150m:	2:08.20 46.17	250m:	3:41.54 46.37	350m:	5:13.42 45.88	
	100m:	1:22.03 42.74	200m:	2:55.17 46.97	300m:	4:27.54 46.00	400m:	5:57.93 44.51	
71.	DWÓRZNIK, Emilia		13	UKS Nawa Skierniewice				6:08.68	260
	50m:	38.38 38.38	150m:	2:09.30 46.93	250m:	3:44.89 47.73	350m:	5:21.60 47.92	
	100m:	1:22.37 43.99	200m:	2:57.16 47.86	300m:	4:33.68 48.79	400m:	6:08.68 47.08	

17 - 18 lat

1.	POLAK, Iga		09	UKP Unia Owiści				4:27.77	679
	50m:	31.20 31.20	150m:	1:39.05 34.16	250m:	2:46.91 34.02	350m:	3:54.54 33.80	
	100m:	1:04.89 33.69	200m:	2:12.89 33.84	300m:	3:20.74 33.83	400m:	4:27.77 33.23	
2.	KARKOCHA, Gabriela		09	UKP Unia Owiści				4:37.43	610
	50m:	31.52 31.52	150m:	1:40.57 34.81	250m:	2:50.59 35.03	350m:	4:02.23 36.03	
	100m:	1:05.76 34.24	200m:	2:15.56 34.99	300m:	3:26.20 35.61	400m:	4:37.43 35.20	
3.	MILANCEJ, Elbieta		09	UKP „Polonia Warszawa”				4:38.96	600
	50m:	31.64 31.64	150m:	1:41.79 35.52	250m:	2:52.80 35.72	350m:	4:03.68 35.50	
	100m:	1:06.27 34.63	200m:	2:17.08 35.29	300m:	3:28.18 35.38	400m:	4:38.96 35.28	
4.	MOSIAKINA, Sofia		08	UKP Unia Owiści				4:45.31	561
	50m:	33.39 33.39	150m:	1:45.07 36.14	250m:	2:58.17 36.59	350m:	4:10.45 36.14	
	100m:	1:08.93 35.54	200m:	2:21.58 36.51	300m:	3:34.31 36.14	400m:	4:45.31 34.86	
5.	ŁUCZAK, Anika		09	UKS SP-149 Łódź				4:45.76	558
	50m:	32.42 32.42	150m:	1:44.16 35.85	250m:	2:56.99 36.25	350m:	4:10.06 36.56	
	100m:	1:08.31 35.89	200m:	2:20.74 36.58	300m:	3:33.50 36.51	400m:	4:45.76 35.70	
6.	ORNOWSKA, Zuzanna		08	UKP „Polonia Warszawa”				4:45.95	557
	50m:	31.46 31.46	150m:	1:43.08 36.17	250m:	2:56.51 36.85	350m:	4:10.18 37.01	
	100m:	1:06.91 35.45	200m:	2:19.66 36.58	300m:	3:33.17 36.66	400m:	4:45.95 35.77	
7.	SZTREKER-WÓJCIK, Iga		09	UKS G-8 Bielany Warszawa				4:51.18	528
	50m:	33.36 33.36	150m:	1:47.31 37.53	250m:	3:02.35 37.53	350m:	4:16.72 37.11	
	100m:	1:09.78 36.42	200m:	2:24.82 37.51	300m:	3:39.61 37.26	400m:	4:51.18 34.46	
8.	TRAFALSKA, Antonina		08	UKS 190 Łódź				5:05.90	455
	50m:	34.50 34.50	150m:	1:50.93 38.79	250m:	3:09.16 39.44	350m:	4:27.62 39.56	
	100m:	1:12.14 37.64	200m:	2:29.72 38.79	300m:	3:48.06 38.90	400m:	5:05.90 38.28	
9.	KOSMATY, Julita		09	UKS Victoria Kozy				5:07.16	450
	50m:	33.37 33.37	150m:	1:49.58 39.16	250m:	3:10.08 41.04	350m:	4:30.42 40.12	
	100m:	1:10.42 37.05	200m:	2:29.04 39.46	300m:	3:50.30 40.22	400m:	5:07.16 36.74	
10.	WINOGA, Zuzanna		09	Champion Tomaszów Maz.				5:19.73	398
	50m:	35.56 35.56	150m:	1:57.49 41.25	250m:	3:20.38 41.50	350m:	4:42.31 40.48	
	100m:	1:16.24 40.68	200m:	2:38.88 41.39	300m:	4:01.83 41.45	400m:	5:19.73 37.42	
11.	SŁYCHAN, Maja		09	MTKP Delfin Toru				5:27.30	371
	50m:	36.75 36.75	150m:	1:58.73 41.18	250m:	3:22.36 42.06	350m:	4:46.82 42.42	
	100m:	1:17.55 40.80	200m:	2:40.30 41.57	300m:	4:04.40 42.04	400m:	5:27.30 40.48	

16 lat

1.	SOBÓTKA, Oliwia		10	UKP „Polonia Warszawa”				4:34.99	627
	50m:	32.20 32.20	150m:	1:42.07 34.89	250m:	2:52.20 34.52	350m:	4:01.22 34.45	
	100m:	1:07.18 34.98	200m:	2:17.68 35.61	300m:	3:26.77 34.57	400m:	4:34.99 33.77	
2.	WALCZYK, Hanna		10	ORKA Grudziądz				4:44.79	564
	50m:	32.06 32.06	150m:	1:43.42 36.15	250m:	2:56.33 36.64	350m:	4:09.29 36.15	
	100m:	1:07.27 35.21	200m:	2:19.69 36.27	300m:	3:33.14 36.81	400m:	4:44.79 35.50	

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Pozycja			Rok ur.					Czas	Pkt.
3.	CZECHMA SKA, Antonina		10	UKP „Polonia Warszawa”				4:46.52	554
	50m:	32.76 32.76	150m:	1:44.86	36.47	250m:	2:58.13 36.59	350m:	4:11.43 36.53
	100m:	1:08.39 35.63	200m:	2:21.54	36.68	300m:	3:34.90 36.77	400m:	4:46.52 35.09
4.	SZPAKIEWICZ, Bianka		10	UKP „Polonia Warszawa”				4:46.69	553
	50m:	32.54 32.54	150m:	1:44.92	35.82	250m:	2:57.88 36.33	350m:	4:11.01 35.86
	100m:	1:09.10 36.56	200m:	2:21.55	36.63	300m:	3:35.15 37.27	400m:	4:46.69 35.68
5.	KOPP, Zuzanna		10	UKP „Polonia Warszawa”				4:48.99	540
	50m:	32.39 32.39	150m:	1:46.03	37.35	250m:	3:00.61 36.98	350m:	4:13.79 36.80
	100m:	1:08.68 36.29	200m:	2:23.63	37.60	300m:	3:36.99 36.38	400m:	4:48.99 35.20
6.	MATOWICKA, Maja		10	UKP „Polonia Warszawa”				4:49.59	536
	50m:	32.39 32.39	150m:	1:45.16	37.06	250m:	3:00.19 37.71	350m:	4:15.11 37.64
	100m:	1:08.10 35.71	200m:	2:22.48	37.32	300m:	3:37.47 37.28	400m:	4:49.59 34.48
7.	KUNA, Alina		10	Stowarzyszenie Solne Miasto Wieliczka				4:51.15	528
	50m:	33.28 33.28	150m:	1:46.90	37.34	250m:	3:02.22 37.34	350m:	4:16.64 36.69
	100m:	1:09.56 36.28	200m:	2:24.88	37.98	300m:	3:39.95 37.73	400m:	4:51.15 34.51
8.	WIELGUS, Nela		10	Champion Tomaszów Maz.				4:55.45	505
	50m:	32.67 32.67	150m:	1:46.64	37.52	250m:	3:03.04 38.24	350m:	4:19.39 37.76
	100m:	1:09.12 36.45	200m:	2:24.80	38.16	300m:	3:41.63 38.59	400m:	4:55.45 36.06
9.	STANISZEWSKA, Maja		10	UKS G-8 Bielany Warszawa				4:55.86	503
	50m:	33.04 33.04	150m:	1:47.17	37.52	250m:	3:02.92 38.10	350m:	4:19.22 38.22
	100m:	1:09.65 36.61	200m:	2:24.82	37.65	300m:	3:41.00 38.08	400m:	4:55.86 36.64
10.	LIPI SKA, Natalia		10	MTKP Delfin Toru				5:00.65	479
	50m:	33.18 33.18	150m:	1:47.60	37.89	250m:	3:04.91 38.96	350m:	4:22.53 38.77
	100m:	1:09.71 36.53	200m:	2:25.95	38.35	300m:	3:43.76 38.85	400m:	5:00.65 38.12
11.	SUKIENNIK, Anna		10	MKS Trójka Łódź				5:01.33	476
	50m:	34.60 34.60	150m:	1:50.62	38.19	250m:	3:07.94 38.23	350m:	4:24.06 37.73
	100m:	1:12.43 37.83	200m:	2:29.71	39.09	300m:	3:46.33 38.39	400m:	5:01.33 37.27
12.	DZIEWANOWSKA, Nikola		10	UKS Delfin Garwolin				5:06.32	453
	50m:	34.27 34.27	150m:	1:51.23	39.41	250m:	3:10.27 39.63	350m:	4:28.56 39.15
	100m:	1:11.82 37.55	200m:	2:30.64	39.41	300m:	3:49.41 39.14	400m:	5:06.32 37.76
13.	MUSZY SKA, Patrycja		10	MKS Trójka Łódź				5:12.92	425
	50m:	34.50 34.50	150m:	1:51.54	38.79	250m:	3:12.38 40.35	350m:	4:33.32 40.44
	100m:	1:12.75 38.25	200m:	2:32.03	40.49	300m:	3:52.88 40.50	400m:	5:12.92 39.60
14.	MYDŁOWSKA, Roxana		10	UKS Nawa Skierniewice				5:14.27	420
	50m:	35.37 35.37	150m:	1:54.61	40.15	250m:	3:15.70 40.59	350m:	4:36.85 39.72
	100m:	1:14.46 39.09	200m:	2:35.11	40.50	300m:	3:57.13 41.43	400m:	5:14.27 37.42
15.	GŁOGOWSKA, Maja		10	UKS Pi tka Konstantinów Łódzki				5:22.50	388
	50m:	35.68 35.68	150m:	1:56.37	41.33	250m:	3:19.36 41.65	350m:	4:43.14 41.90
	100m:	1:15.04 39.36	200m:	2:37.71	41.34	300m:	4:01.24 41.88	400m:	5:22.50 39.36
16.	MILBRANT, Jagoda		10	UKP Unia O wi cim				5:27.73	370

15 lat

1.	PALICKA, Patrycja		11	TP Skalar, Słupsk				4:43.99	569
	50m:	32.03 32.03	150m:	1:42.93	35.56	250m:	2:55.06 36.08	350m:	4:08.29 36.76
	100m:	1:07.37 35.34	200m:	2:18.98	36.05	300m:	3:31.53 36.47	400m:	4:43.99 35.70
2.	IWA SKA, Wiktoria		11	MKS „Jagiellonka” Warszawa				4:53.39	516
	50m:	31.24 31.24	150m:	1:43.62	36.90	250m:	3:00.19 38.93	350m:	4:16.75 38.02
	100m:	1:06.72 35.48	200m:	2:21.26	37.64	300m:	3:38.73 38.54	400m:	4:53.39 36.64
3.	FRO , Kinga		11	UKS Victoria Kozy				4:54.69	509
	50m:	32.85 32.85	150m:	1:47.56	37.96	250m:	3:03.09 38.01	350m:	4:18.64 36.79
	100m:	1:09.60 36.75	200m:	2:25.08	37.52	300m:	3:41.85 38.76	400m:	4:54.69 36.05
4.	ROKICKA, Alicja		11	MKS „Jagiellonka” Warszawa				4:56.32	501
	50m:	32.94 32.94	150m:	1:48.56	38.33	250m:	3:04.77 38.34	350m:	4:19.99 37.03
	100m:	1:10.23 37.29	200m:	2:26.43	37.87	300m:	3:42.96 38.19	400m:	4:56.32 36.33

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Konkurencja 21, Dziewcz t, 400m dowolny, 15 lat

Pozycja	Rok ur.							Czas	Pkt.
5.	KOWALCZYK, Helena	11	MKS Trójka Łódź					4:57.31	496
	50m: 32.71 32.71	150m: 1:48.63	38.59	250m: 3:05.40	38.11	350m: 4:20.62	37.09		
	100m: 1:10.04 37.33	200m: 2:27.29	38.66	300m: 3:43.53	38.13	400m: 4:57.31	36.69		
6.	LYTVYNOVA, Melania	11	UKS G-8 Bielany Warszawa					5:06.26	453
	50m: 34.52 34.52	150m: 1:53.49	40.49	250m: 3:13.15	39.62	350m: 4:30.28	37.47		
	100m: 1:13.00 38.48	200m: 2:33.53	40.04	300m: 3:52.81	39.66	400m: 5:06.26	35.98		
7.	WITTBRODT, Alicja	11	UKP „Polonia Warszawa”					5:08.07	446
	50m: 34.49 34.49	150m: 1:51.58	38.94	250m: 3:10.33	39.42	350m: 4:29.76	39.53		
	100m: 1:12.64 38.15	200m: 2:30.91	39.33	300m: 3:50.23	39.90	400m: 5:08.07	38.31		
8.	MIKOŁAJEK, Adrianna	11	AZS KU Politechniki Opolskiej					5:08.26	445
	50m: 33.48 33.48	150m: 1:50.99	39.65	250m: 3:11.29	40.34	350m: 4:31.88	40.33		
	100m: 1:11.34 37.86	200m: 2:30.95	39.96	300m: 3:51.55	40.26	400m: 5:08.26	36.38		
9.	SELL, Magdalena	11	MUKP Korona-Swim Kielce					5:15.34	415
	50m: 35.94 35.94	150m: 1:57.07	40.53	250m: 3:18.31	40.64	350m: 4:38.44	39.62		
	100m: 1:16.54 40.60	200m: 2:37.67	40.60	300m: 3:58.82	40.51	400m: 5:15.34	36.90		
10.	RONGIERS, Pola	11	MKS „Jagiellonka” Warszawa					5:15.53	415
	50m: 34.70 34.70	150m: 1:53.69	40.45	250m: 3:15.62	41.16	350m: 4:37.76	41.14		
	100m: 1:13.24 38.54	200m: 2:34.46	40.77	300m: 3:56.62	41.00	400m: 5:15.53	37.77		
11.	SOŁTYSIAK, Pola	11	MKS Trójka Łódź					5:19.54	399
	50m: 35.79 35.79	150m: 1:56.21	40.77	250m: 3:18.45	41.34	350m: 4:40.15	40.51		
	100m: 1:15.44 39.65	200m: 2:37.11	40.90	300m: 3:59.64	41.19	400m: 5:19.54	39.39		
12.	KAMI SKA, Oliwia	11	MKS „Jagiellonka” Warszawa					5:29.81	363
	50m: 33.32 33.32	150m: 1:53.51	41.38	250m: 3:19.71	43.42	350m: 4:48.64	44.81		
	100m: 1:12.13 38.81	200m: 2:36.29	42.78	300m: 4:03.83	44.12	400m: 5:29.81	41.17		
13.	FUTRYK, Natalia	11	UKS SP AQUARIUS Lesko					5:35.90	344
	50m: 37.19 37.19	150m: 2:03.70	44.28	250m: 3:31.57	44.14	350m: 4:55.96	41.03		
	100m: 1:19.42 42.23	200m: 2:47.43	43.73	300m: 4:14.93	43.36	400m: 5:35.90	39.94		

14 lat

1.	DOBROVOLSKA, Renata	12	Ukraine					4:44.62	565
	50m: 32.17 32.17	150m: 1:44.49	36.63	250m: 2:57.91	37.10	350m: 4:10.34	35.79		
	100m: 1:07.86 35.69	200m: 2:20.81	36.32	300m: 3:34.55	36.64	400m: 4:44.62	34.28		
2.	KRYVARCHUK, Yelyzaveta	12	Ukraine					4:51.01	529
	50m: 32.43 32.43	150m: 1:46.29	37.40	250m: 3:01.64	37.58	350m: 4:15.42	35.95		
	100m: 1:08.89 36.46	200m: 2:24.06	37.77	300m: 3:39.47	37.83	400m: 4:51.01	35.59		
3.	MIKUŁA, Maria	12	Stowarzyszenie Solne Miasto Wieliczka					4:57.27	496
	50m: 32.80 32.80	150m: 1:48.81	38.29	250m: 3:06.49	38.55	350m: 4:22.08	37.58		
	100m: 1:10.52 37.72	200m: 2:27.94	39.13	300m: 3:44.50	38.01	400m: 4:57.27	35.19		
4.	KRASKIEWICZ, Barbara	12	MKS „Jagiellonka” Warszawa					5:06.87	451
	50m: 34.37 34.37	150m: 1:51.47	39.12	250m: 3:09.90	39.17	350m: 4:28.70	39.59		
	100m: 1:12.35 37.98	200m: 2:30.73	39.26	300m: 3:49.11	39.21	400m: 5:06.87	38.17		
5.	KLAUS, Helena	12	MKS Piaseczno					5:09.89	438
	50m: 34.57 34.57	150m: 1:51.68	39.15	250m: 3:11.27	39.65	350m: 4:31.41	39.89		
	100m: 1:12.53 37.96	200m: 2:31.62	39.94	300m: 3:51.52	40.25	400m: 5:09.89	38.48		
6.	GRZEGORCZYK, Amelia	12	MUKP Korona-Swim Kielce					5:11.90	429
	50m: 36.47 36.47	150m: 1:57.01	40.18	250m: 3:15.81	38.92	350m: 4:34.12	38.45		
	100m: 1:16.83 40.36	200m: 2:36.89	39.88	300m: 3:55.67	39.86	400m: 5:11.90	37.78		
7.	CIESIELSKA, Amelia	12	MKS Jedyńka Łódź					5:18.34	404
	50m: 35.77 35.77	150m: 1:56.06	40.63	250m: 3:17.94	40.96	350m: 4:39.24	40.76		
	100m: 1:15.43 39.66	200m: 2:36.98	40.92	300m: 3:58.48	40.54	400m: 5:18.34	39.10		
8.	OLEARCZYK, Martyna	12	UKS Ósemka O wi cim					5:19.01	401
	50m: 34.68 34.68	150m: 1:56.28	41.13	250m: 3:18.23	40.18	350m: 4:40.10	40.09		
	100m: 1:15.15 40.47	200m: 2:38.05	41.77	300m: 4:00.01	41.78	400m: 5:19.01	38.91		

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Konkurencja 21, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
9.	BURCZY SKA, Gabriela		12	UKS G-8 Bielany Warszawa				5:21.09	393
	50m: 36.23 36.23	150m: 1:57.43		41.53	250m: 3:21.26	42.12	350m: 4:43.36	40.56	
	100m: 1:15.90 39.67	200m: 2:39.14		41.71	300m: 4:02.80	41.54	400m: 5:21.09	37.73	
10.	BIELOVODSKA, Milana		12	KS Warta Pozna				5:22.75	387
	50m: 35.51 35.51	150m: 1:58.01		41.76	250m: 3:22.32	41.96	350m: 4:45.08	40.33	
	100m: 1:16.25 40.74	200m: 2:40.36		42.35	300m: 4:04.75	42.43	400m: 5:22.75	37.67	
11.	POKRYWKA, Zuzanny		12	Stowarzyszenie Solne Miasto Wieliczka				5:25.09	379
	50m: 35.05 35.05	150m: 1:57.41		41.07	250m: 3:20.84	41.97	350m: 4:44.97	41.65	
	100m: 1:16.34 41.29	200m: 2:38.87		41.46	300m: 4:03.32	42.48	400m: 5:25.09	40.12	
12.	MENET, Maria		12	UKS SP AQUARIUS Lesko				5:27.59	370
	50m: 37.67 37.67	150m: 2:02.90		42.84	250m: 3:27.51	42.14	350m: 4:50.13	40.65	
	100m: 1:20.06 42.39	200m: 2:45.37		42.47	300m: 4:09.48	41.97	400m: 5:27.59	37.46	
13.	ERNESTOWICZ, Julia		12	MUKP Korona-Swim Kielce				5:30.08	362
	50m: 37.76 37.76	150m: 2:02.82		42.44	250m: 3:27.70	42.40	350m: 4:51.30	40.92	
	100m: 1:20.38 42.62	200m: 2:45.30		42.48	300m: 4:10.38	42.68	400m: 5:30.08	38.78	
14.	RECZKOWSKA, Kalina		12	MTKP Delfin Toru				5:41.33	327
	50m: 37.44 37.44	150m: 2:02.88		43.29	250m: 3:31.98	44.71	350m: 4:58.87	43.06	
	100m: 1:19.59 42.15	200m: 2:47.27		44.39	300m: 4:15.81	43.83	400m: 5:41.33	42.46	
15.	TYC, Zuzanna		12	MUKS Wodnik Łask				5:45.43	316
	50m: 36.92 36.92	150m: 2:03.63		44.23	250m: 3:35.14	45.93	350m: 5:04.41	45.23	
	100m: 1:19.40 42.48	200m: 2:49.21		45.58	300m: 4:19.18	44.04	400m: 5:45.43	41.02	
16.	CISZYK, Milena		12	UKS Pi tka Konstantinów Łódzki				5:57.93	284
	50m: 39.29 39.29	150m: 2:08.20		46.17	250m: 3:41.54	46.37	350m: 5:13.42	45.88	
	100m: 1:22.03 42.74	200m: 2:55.17		46.97	300m: 4:27.54	46.00	400m: 5:57.93	44.51	

13 lat

1.	MYSŁEK, Anna		13	UKS G-8 Bielany Warszawa				4:55.05	507
	50m: 33.93 33.93	150m: 1:49.39		37.37	250m: 3:03.24	36.59	350m: 4:18.58	37.21	
	100m: 1:12.02 38.09	200m: 2:26.65		37.26	300m: 3:41.37	38.13	400m: 4:55.05	36.47	
2.	WOJCIECHOWSKA, Julia		13	UKS SP-149 Łód				5:16.86	409
	50m: 36.91 36.91	150m: 1:58.05		41.00	250m: 3:20.95	41.45	350m: 4:40.70	38.72	
	100m: 1:17.05 40.14	200m: 2:39.50		41.45	300m: 4:01.98	41.03	400m: 5:16.86	36.16	
3.	KAMECZURA, Ró a		13	UKS SP AQUARIUS Lesko				5:22.03	390
	50m: 36.01 36.01	150m: 1:57.79		41.21	250m: 3:22.34	42.21	350m: 4:44.65	40.55	
	100m: 1:16.58 40.57	200m: 2:40.13		42.34	300m: 4:04.10	41.76	400m: 5:22.03	37.38	
4.	MAJKA, Pola		13	ORKA Grudzi dz				5:24.05	383
	50m: 35.69 35.69	150m: 1:57.55		41.63	250m: 3:22.38	42.40	350m: 4:45.47	41.00	
	100m: 1:15.92 40.23	200m: 2:39.98		42.43	300m: 4:04.47	42.09	400m: 5:24.05	38.58	
5.	DZIEJA, Hanna		13	MKS Jedyńka Łód				5:30.21	362
	50m: 36.66 36.66	150m: 2:00.10		42.32	250m: 3:25.22	42.46	350m: 4:49.46	41.88	
	100m: 1:17.78 41.12	200m: 2:42.76		42.66	300m: 4:07.58	42.36	400m: 5:30.21	40.75	
6.	WALCZAK, Wiktoria		13	UKS 190 Łód				5:30.64	360
	50m: 37.04 37.04	150m: 2:02.09		43.06	250m: 3:28.31	42.93	350m: 4:53.65	42.21	
	100m: 1:19.03 41.99	200m: 2:45.38		43.29	300m: 4:11.44	43.13	400m: 5:30.64	36.99	
7.	NOWAK, Jagoda		13	UKS Pi tka Konstantinów Łódzki				5:40.95	329
	50m: 37.10 37.10	150m: 2:04.59		43.76	250m: 3:32.23	44.40	350m: 4:59.61	43.32	
	100m: 1:20.83 43.73	200m: 2:47.83		43.24	300m: 4:16.29	44.06	400m: 5:40.95	41.34	
8.	BOJANOWSKA, Hanna		13	UKS 190 Łód				5:43.48	321
	50m: 37.70 37.70	150m: 2:03.62		43.89	250m: 3:32.83	44.85	350m: 5:02.22	44.54	
	100m: 1:19.73 42.03	200m: 2:47.98		44.36	300m: 4:17.68	44.85	400m: 5:43.48	41.26	
9.	DYBCIO, Zuzanna		13	UKS Delfin Garwolin				5:47.57	310
	50m: 36.10 36.10	150m: 2:02.91		44.38	250m: 3:33.97	45.55	350m: 5:04.62	44.54	
	100m: 1:18.53 42.43	200m: 2:48.42		45.51	300m: 4:20.08	46.11	400m: 5:47.57	42.95	

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Pozycja				Rok ur.					Czas	Pkt.		
10.	CISŁOWICZ, Maria			13	MTKP Delfin Toru				5:50.17	303		
	50m:	39.09	39.09	150m:	2:08.24	45.34	250m:	3:37.71	44.83	350m:	5:07.46	44.87
	100m:	1:22.90	43.81	200m:	2:52.88	44.64	300m:	4:22.59	44.88	400m:	5:50.17	42.71
11.	DWÓRZNIK, Emilia			13	UKS Nawa Skierniewice				6:08.68	260		
	50m:	38.38	38.38	150m:	2:09.30	46.93	250m:	3:44.89	47.73	350m:	5:21.60	47.92
	100m:	1:22.37	43.99	200m:	2:57.16	47.86	300m:	4:33.68	48.79	400m:	6:08.68	47.08